# Smart Watch User Manual

## Precautions before use:

1. The company reserves the right to modify the contents of this manual without any notice. Some functions are different in specific software versions, which is normal.
2. Please charge the product for more than 2 hours before use. Please use a charger with a specification of 5V, 1A. This product does not support fast charging. Charging with water (sweat) is prohibited to prevent short circuit and product damage.
3. Before using the product, please download and connect the APP on the mobile phone. Connect the APP to synchronize the watch time and set personal information. For details, see the instructions for the subsequent synchronization software.

1： Product Overview

It is recommended to use the mobile phone model version (too low version may cause connection problems):

Android mobile phone: support operating system version 5.0 or above;

Apple mobile phone: support operating system version 9.0 and above;

2： APP download and APP connection method

1.Scan the QR code below to download the APP software.

Use the browser to scan the QR code below or download the QR code from the watch settings. During the download and installation process, please give the corresponding permission to this software to ensure the normal Bluetooth connection. The APP software name is GloryFit.

(GloryFit downloads QR code)

GloryFit application

Special attention:

1. If you haven't used the APP for a long time (12 hours or more), the APP will be cleaned up by the phone's own IOS system. At this time, the APP application and the watch are disconnected, and the GloryFit application function will not be used. If you turn on the push function, the push function can be used normally. Open the APP application again, and the watch will be automatically reconnected.

2. After installing the APP software on Android phones, you need to open the background application startup permission in the phone settings. Different models of phones will have differences.

1.APP application and watch connection method:

1. Open the downloaded APP and select "Email" or "Third Party Login" (as shown in Figure 1).

2. After logging in successfully, click "Select Watch" (as shown in Figure 2) to enter the "Add Device" interface, and click to select the Bluetooth name of the device you purchased (as shown in Figure 3) to connect successfully.

(Figure 1)

(Figure 2)

(Figure 3)

The watch can be paired with the mobile app in the app.
Note: For the IOS system, you need to enter: Settings - Bluetooth, ignore Bluetooth pairing, and completely unbind.

3: Main functions of smart watch

1 Basic operation

1.1Power on: When the watch is off, press and hold the key on the watch side for 3 seconds to start up; In standby mode, briefly press the side button or single point screen to wake up the watch.

1.2 Shutdown: When the watch is on, press and hold the side button for 3 seconds or select shutdown in the setting to enter the switch selection interface and select" ×" Exit the shutdown interface and select "√" to shut down directly.

1.3 The watch interface switching operation is shown below:

1. Slide the dial interface from top to bottom to enter the status bar interface
2. Slide the dial interface from right to left to enter the shortcut function interface
3. Slide the dial interface from left to right to enter the menu interface
4. Slide the dial interface from bottom to top to enter the message notification interface

Dial operation interface

Status bar interface

1.4 The status bar interface displays the functions of mobile phone search, brightness adjustment, about, setting, connection status, and power display.

2. Dial switch

Press and hold the screen for 2 seconds in the dial interface to enter the switch interface, slide the screen left and right to switch the dial, and select the dial with a single point.

3. Status

The step counting function is enabled by default after the device is powered on, and the step counting data and heat of the day are displayed in real time. After the watch is successfully paired with

the APP, the motion data will be automatically synchronized (or manually refreshed) and uploaded to the APP, including the steps, distance, calories and other parameters.

4. Sports

2.4.1 Sports modes include: outdoor running, cycling, rope skipping, swimming, badminton, etc., totaling 114 kinds.

Note: The motion data will not be saved to the APP terminal, but can only be viewed on the watch terminal.

5. Sleep monitoring

The default sleep monitoring time of the watch is from 18:00 to 12:00 the next day. If you wear a watch to sleep, the watch will automatically judge whether you enter the sleep monitoring mode, automatically detect your sleep quality of deep sleep/light sleep/awake all night, and calculate your sleep duration; Sleep data currently only supports APP viewing.

6. Heart rate, blood pressure, blood oxygen (healthy)

The heart rate, blood pressure and blood oxygen values can be independently detected through the watch, and the values can be synchronized to the APP terminal (please measure in a quiet state)

7. Notice (information)

After successfully pairing with the phone, you need to turn on the APP reminder function, and the information received in the phone status bar will be synchronized to the watch

8. Bluetooth music

After connecting the phone, you can play the music in the phone through the watch, and you can play, pause, and switch the previous song to the next.

9.Weather

The weather interface will display the current weather. The weather information needs to be connected to the APP to obtain data. If the connection is disconnected for a long time, the weather information will not be updated.

10.Settings

14.1 Click Settings to enter the setting interface. The setting interface has options such as dial theme, language setting, power off, APP downloading QR code, and factory restoration.

14.2 Shutdown: click to enter the shutdown selection interface, and select" -" Exit the shutdown interface and select "√" to shut down directly.

14.3 APP download QR code: click to enter the QR code, and use the mobile phone scanning tool to scan the QR code to download.

14.4 Factory recovery: click to enter the factory recovery selection interface, and select" ×" Exit the factory recovery interface, select "√" to directly restore the factory, and all data at the watch end will be cleared.

14.5 About: display the hand device name, Bluetooth address and version.

4： Common faults and troubleshooting

4.1 The watch cannot be turned on

4.1.1 The time of pressing the power-on key may be too short. Please press and hold the power-on key for more than 3 seconds.

4.1.2 The battery may be too low. Please charge it in time.

4.1.3 The battery may enter the low battery protection, and the ordinary charger will not respond to charging. Please try to use the charger with an output power of 5V/1V to charge and activate.

4.2 The watch will shut down automatically

The battery may be too low. Please charge it.